

The aim of thesis is to assess own performance development, structure and content of the training in years 1996 – 2006, highlight the best indicators of training and performance tests, which proved to be the most suitable for the evaluation of pole vaulter training. It was monitored physical fitness and pole vaulter skills. It was described technique development for different age groups. Data were obtained from training diaries and video of pole vault jumps. A comparison was made of annual volume of training load, graph shows the progress of the load in training and sports performance. Factors that are fundamentally involved in this performance were evaluated in the same manner. The main method to create the thesis was quantitative and qualitative analysis.

Based on the results of the evaluation of the indicators of training and testing, we know that the greatest impact on the level of training has a low number of disability days, or the level of health in different seasons. Low number of days of disability for several seasons in a row creates a high probability for continuous improvement of performance, of physical fitness, and improvement of techniques. At the same time good health status affects the psychological resistance level.